

Statistics Report 11105, Burdock root, cooked, boiled, drained, without salt

Report Date: October 12, 2015 08:34 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	75.64	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Energy	kcal	88	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Energy	kJ	369	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Protein	g	2.09	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Total lipid (fat)	g	0.14	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Ash	g	0.98	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Carbohydrate, by difference	g	21.15	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Fiber, total dietary	g	1.8	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Sugars, total	g	3.55	--	--	--	--	--	--	--	--	Calculated or imputed	11104	12/2002
Minerals													
Calcium, Ca	mg	49	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.77	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Magnesium, Mg	mg	39	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Phosphorus, P	mg	93	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Potassium, K	mg	360	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Sodium, Na	mg	4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Zinc, Zn	mg	0.38	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Copper, Cu	mg	0.089	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Manganese, Mn	mg	0.270	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Selenium, Se	µg	0.9	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	2.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Thiamin	mg	0.039	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Riboflavin	mg	0.058	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Niacin	mg	0.320	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Pantothenic acid	mg	0.353	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Vitamin B-6	mg	0.279	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Folate, total	μg	20	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	μg	20	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Folate, DFE	μg	20	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Choline, total	mg	14.3	--	--	--	--	--	--	--	--	Calculated or imputed	11104	02/2007
Betaine	mg	0.2	--	--	--	--	--	--	--	--	Calculated or imputed	11104	02/2007
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1984
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Retinol	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	11104	02/2007
Carotene, alpha	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	11104	02/2007
Cryptoxanthin, beta	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	11104	02/2007
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Lycopene	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	11104	02/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	11104	02/2007
Vitamin E (alpha-tocopherol)	mg	0.46	--	--	--	--	--	--	--	--	Calculated or imputed	11104	12/2002
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	2.0	--	--	--	--	--	--	--	--	Calculated or imputed	11104	12/2002
Lipids													
Fatty acids, total saturated	g	0.023	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
12:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
14:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
16:0	g	0.023	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total monounsaturated	g	0.035	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:1 undifferentiated	g	0.035	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total polyunsaturated	g	0.055	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:2 undifferentiated	g	0.052	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:3 undifferentiated	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1984
Amino Acids													
Tryptophan	g	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Threonine	g	0.035	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Isoleucine	g	0.041	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Leucine	g	0.044	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lysine	g	0.092	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Methionine	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Cystine	g	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Phenylalanine	g	0.045	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Tyrosine	g	0.024	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Valine	g	0.046	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Arginine	g	0.144	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Histidine	g	0.042	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Alanine	g	0.034	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Aspartic acid	g	0.242	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glutamic acid	g	0.215	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Glycine	g	0.042	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Proline	g	0.071	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Serine	g	0.034	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002